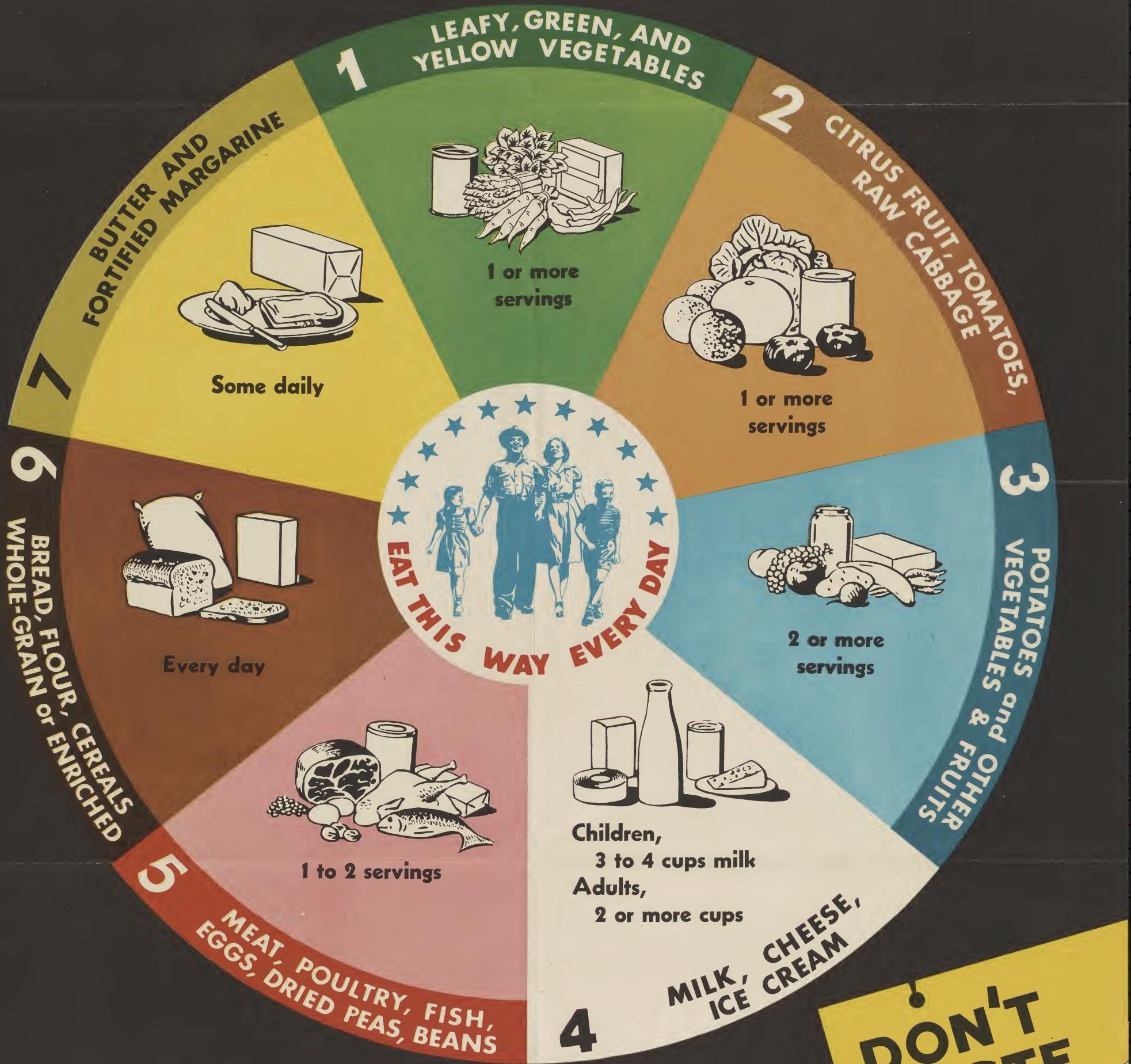


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Do not assume content reflects current scientific knowledge, policies, or practices

The Basic Seven ... eat this way every day



IN ADDITION TO THE BASIC 7...
EAT ANY OTHER FOODS YOU WANT